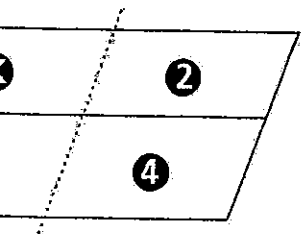
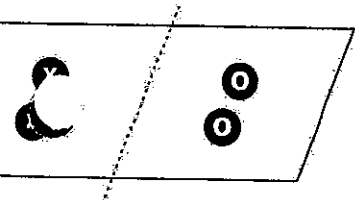
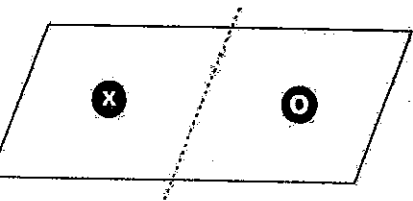


(traditionally suitable for tennis, squash, badminton, racquetball, volleyball, handball, table tennis and other sports as identified in each game)

net/wall

COOPERATIVE
LEARNING



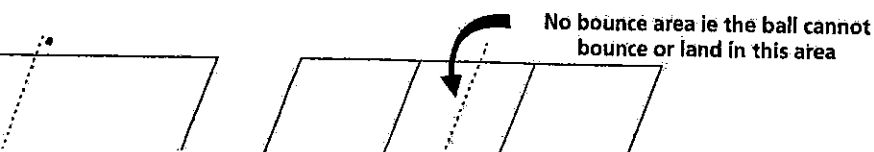
The aim of net/wall games is to send a ball into an opponent's court so it cannot be played at or returned by your opponent. Principles of attack and defence, either as an individual or team, are introduced.

Net/wall games require a high degree of physical movement to cover the court space. Movement skills employed include running, jumping, sliding, hitting and passing.

The following modifications can be made to suit the specific needs of players

- weight and/or size of the ball
- shape and/or size of the bat
- size and dimensions of the court space
- net height
- change the rules to allow (for example) more bounces before the ball is returned
- vary the number of team-mates or opponents

Net/wall games allow participants to actively develop skills and practise techniques in a controlled environment that encourages quick and responsive decision making.



NAME:

two square bounce

Badminton
Handball
Squash
Table tennis
Tennis
Volleyball

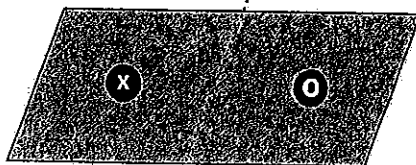
PURPOSE:

To determine where to place a ball so that it can't be returned by an opponent

To determine how to cover the court area to prevent an opponent from scoring

EQUIPMENT:

- One volleyball per pair
- A court surface which allows the ball to bounce



HOW TO PLAY:

- Play in pairs
- X bounces the ball into O's court
- O catches the ball after one bounce and returns it across the centre line
- Play continues until one player cannot return the ball after one bounce, or the ball is thrown out of court, or the receiver drops the ball
- One point is scored for winning the rally
- The serve alternates between players
- Restrict the time in possession to about 3 seconds
- Play to a specified number of points (eg 5) or a set time limit (eg 5 minutes)

SAFETY:

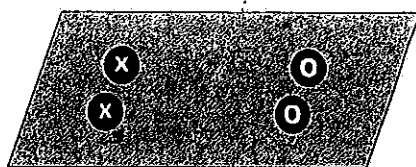
- Ensure a smooth playing surface and adequate space

FOCUS QUESTIONS:

- Where is the best place to bounce the ball?
- How can you get your opponent out of position so you can win a point?
- How can you deceive your opponent so they don't know where the ball will bounce?
- Where is a good position for you to stand ready to catch the ball after it bounces?
- Can you anticipate where your opponent will bounce the ball? How will this help?

VARIATIONS:

1. Have two or three players in a team and alternate serves between teams, ensuring each player has a chance to serve



Focus questions

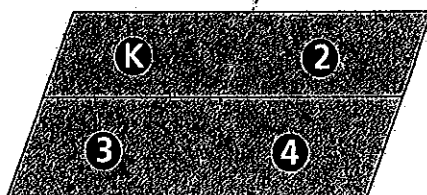
- How can you cover the space on your court to make scoring difficult for your opponents?
- With two opponents covering the space, what changes might be necessary?

2. Use different equipment, eg smaller ball, use a hand or bat to hit the ball

Focus question

- Has changing the equipment changed the speed of the game? In what way?

3. Have four squares with one player in each square

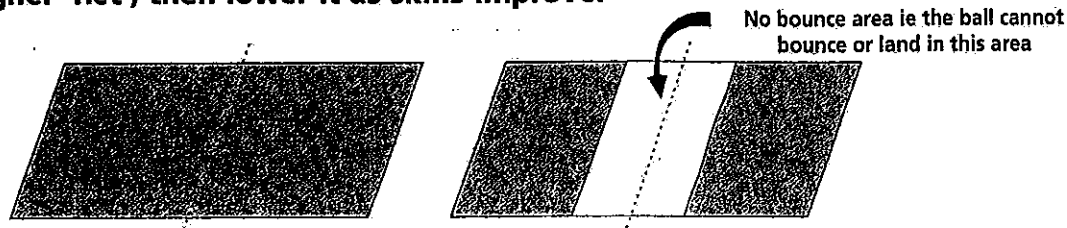


One ball between four players. Players play individually against each other, ie any player can serve to any other player at random. If a player cannot return the ball, they move to number 4 spot and all other players move one spot forward, ie 4 moves to 3; 3 moves to 2; and 2 moves to K. The aim is to end up as King (K).

Focus questions

- How can you protect your court space in readiness for the ball?
- How do you decide where to bounce the ball if it comes into your court?
- How does the new court area change your positioning?

4. Place a net or space between each player's playing area. Start with a higher 'net', then lower it as skills improve.



Focus questions

- How does the game change as the 'net' is lowered?
- How does the game change when there is a net or space between the courts?
- Has this changed how you try to win points?

NAME:

long and skinny

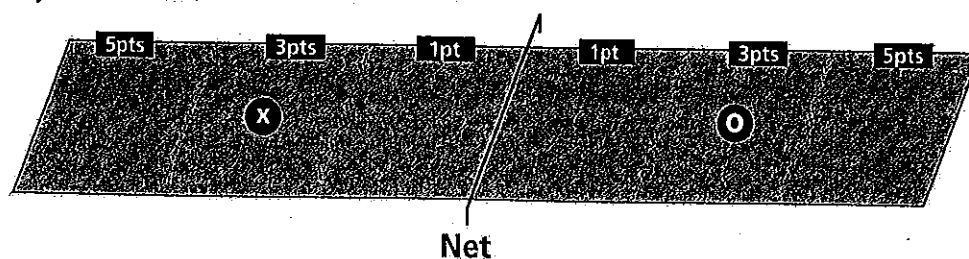
PURPOSE:

To determine how best to attack using the space at the front and back area of the court

To determine how best to protect the space at the front and back of the court to prevent an opponent from scoring

EQUIPMENT:

- A long narrow court area (eg half badminton court length) marked as indicated and with a net (rope) at (approximately) eye level
- A volleyball or similar



HOW TO PLAY:

- Play in pairs
- The game is played to a specified number of points (eg 15) or time limit (5 minutes)
- The game begins with one player standing in the '1' zone tossing the ball underarm across the net
- The other player catches the ball and returns it over the net
- The rally continues (underarm passing only) until one player cannot catch the ball or it lands outside the court area
- Points are scored for winning the rally according to where the ball lands, eg more points for landing the ball at the back of the court
- Alternate serves

SAFETY:

- If a rope is used for a net, have coloured braids tied to it so that players don't run into it

FOCUS QUESTIONS:

- Did you score most of your points from the front of the court or the back? Why?
- What are the advantages of getting your opponent to move to the back of the court?
- Did the same tactic work each time? Why/why not?

- Was it easier to run forward or backward to catch the ball? Why is this important?
- Where should you stand to try and stop your opponent scoring? Why?
- How can you change defence into attack?
- When will you throw the ball?

VARIATIONS:

- 1. Change the equipment, skills and rules allowed: racquet and shuttle cock, quoit, tennis racket, different sized balls; one bounce, underarm, sidearm or overarm actions allowed; change height of net**

Focus questions

- Have your tactics changed once different types of throws were allowed?
- What are the advantages/disadvantages of allowing one bounce? Have your tactics changed because of this?

- 2. Play doubles or three a side by widening the court**

Focus questions

- Where should you stand when the court is widened?
- How can you defend the front and back spaces as a team?

- 3. Change the court dimensions to short and wide (rather than long and skinny)**

Focus questions

- Where was the best area for you to place the ball?
- How did you try to cover the space on your court so your opponent couldn't score? Did it work? How could you change what you are doing?

NAME:

wall tennis

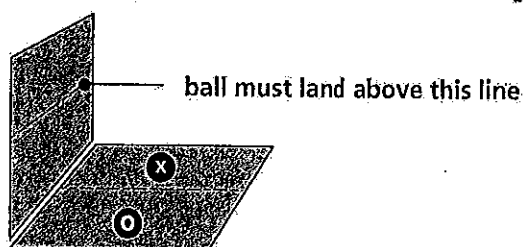
PURPOSE:

To explore how a ball can be hit onto a wall so that an opponent cannot return it without the ball bouncing twice

To determine how to cover the court area to avoid opponents scoring points

EQUIPMENT:

- One volleyball (progress to tennis ball with increasing competence) between two players
- Wall area with a line drawn on it about a metre up from the floor
- Appropriate sized court area marked on ground (use chalk, cones, ropes etc)



HOW TO PLAY:

- Players to stay in their own half of the court
- One player uses a throw serve to put the ball into play
- The ball must hit the wall above the line then rebound to bounce inside the court area
- The other player can catch the ball on the full or after one bounce
- A rally continues between the two players until one player cannot return the ball onto the wall above the line before the ball bounces a second time
- Players serve alternately
- A point is scored if the rally is won irrespective of which player is serving
- Play for a set time limit (eg 5 minutes) or a set number of points (eg 5)

SAFETY:

- Allow adequate space between players if the same wall area is being used for several games
- Players cannot interfere with each other's movement (ie block)

FOCUS QUESTIONS:

- When was it hardest to return the ball? How can this information help you decide what type of throw to use to score a point?

- How will you throw the ball, eg hard, soft, high, low?
- Did you try to score a point each time you threw the ball? Why/why not?
- Can you position yourself in such a way as to make it difficult for your opponent to see the ball or hit the wall?
- Where should you stand so that it is hard for your opponent to win a point?

VARIATIONS:

- 1. Use different skills and equipment. Change the rules where needed, eg hand serve or hit with paddle bats, racquets, foam balls, tennis balls etc.**

Focus questions

- What advantages/disadvantages are there in being close to the front wall?
- What advantages/disadvantages are there in being towards the back of the court?
- How can you disguise your shot to make it difficult for your opponent?

- 2. Remove lines on the court which restrict areas of play**

Focus questions

- How has your game changed now that you are allowed on both sides of the court?
- Is it easier or harder to win points with the new court area? Why?

- 3. Award bonus points if the ball lands in a specified area of the court, even if play continues**

Focus questions

- Was it easier to score bonus points in certain areas of the court? Why/why not?
- Have you changed your position while waiting to hit the ball now that the bonus points are available? Why/why not?

- 4. Use two adjoining walls and play in pairs. The ball can be thrown off either wall and can rebound a second time off the other wall. Allow one bounce before catching.**

Focus questions

- When should you use a soft or a hard throw?
- Which wall should you bounce it off first to get it away from your opponent?

NAME:

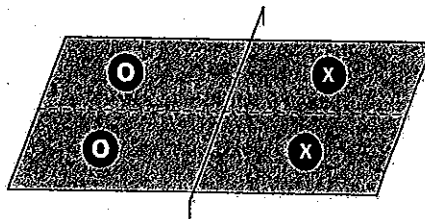
partner play

PURPOSE:

- To determine how to work as a pair to set up attacking play against opponents
- To determine how to work as a pair to cover court space to prevent opponents from scoring

EQUIPMENT:

- Badminton sized court with net just above eye level or line on ground to indicate net space with two chairs to indicate height
- Court should be divided into four smaller rectangles (two on each side of the net)
- One volleyball sized ball



HOW TO PLAY:

- 2 v 2 game
- One player has four serves alternating side of court each time a point is scored
- The serve must clear the net and stay inside the court area
- The ball must be caught on the full and the rally continues until one team cannot return the ball or it is thrown into the net or out of court
- Play to a specified number of points (eg 12) or a set time limit (eg 10 minutes)

SAFETY:

- Ensure a safe playing surface
- Discourage players from throwing the ball too hard at their opponents

FOCUS QUESTIONS:

- What options are available for covering the court space?
- If you play side by side, what responsibilities does each player have in attack/defence?
- If you play forward and back, what responsibilities does each player have in attack/defence?
- If your opponents were playing one forward and one back, what can you do to create scoring opportunities for yourselves?

- If your opponents were playing side by side, what can you do to create scoring opportunities for yourselves?
- How can you communicate with each other during play to help you while attacking/defending?
- How can you use the serve to get into a good attacking position?
- Where should you stand in readiness for the serve?
- What type of serve can/could you do?
- What are your options to serve?

VARIATIONS:

- 1. Use different equipment and skills, eg badminton racquet and shuttle, tennis ball, softball and one glove per player etc. Rules and height of net can remain the same.**

Focus question

- Have you developed different options with the new equipment? Why/why not?

- 2. Select equipment which allows the ball to bounce before it's returned across the net, eg hand or racquet to hit an appropriate sized ball**

Focus questions

- How have the new skills/rules changed the speed of the game?
- Does this change influence whether you play side by side or forward and back? If yes, in what way?

- 3. Change the dimensions of the court, eg make it wider or longer**

Focus questions

- Is it easier to play side by side or forward and back once the court has increased in width/length?
- How can you take advantage of the extra space while attacking?

- 4. Have two players on one side of the net playing against one player on the other side of the net. Adapt rules, equipment and size of court relative to the standard of the players.**

Focus questions

- When playing only one opponent how can you keep your opponent in a defending position?
- How can you attack to win the rally quickly?

NAME:

space ball

— recommended to be played before Newcombe ball (net/wall game 6)

PURPOSE:

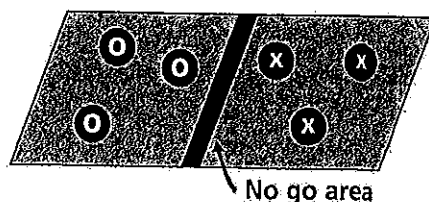
To explore how to work as a team to cover court space in defence

EQUIPMENT:

- Tennis, badminton or volleyball court with a net
- One volleyball

HOW TO PLAY:

- Two even teams
- The ball is thrown above head height across the 'no go' area for the opponents to catch
- If the ball lands in the 'no go' area the throw is taken again
- Points are scored if the ball:
 - a) hits the ground on the opponent's court (throwing team)
 - b) lands outside the court area (receiver's team)
- Alternate serves
- Score to a set number of points (eg 10) or set time limit (eg 5 minutes)



SAFETY:

- A smooth surface is required
- The court should be clearly marked and be an appropriate size for the number of players

FOCUS QUESTIONS:

- How can you avoid too many players in one area and not enough in others?
- What different formations can be used to cover the space?
- Where might you throw the ball to make it hard for your opponents?

VARIATIONS:

1. **Once the ball has been thrown, the thrower must sprint to a marker at the side of the court. The team-mates must then reposition themselves to cover the space vacated. The thrower rejoins the team in an appropriate space.**
2. **Rather than score points, a player who drops the ball or throws it out of bounds must kneel. The player may stand up as soon as a player on the other team drops the ball or throws it out of bounds – this player must then kneel.**

Focus questions

- What adjustments are necessary when there is more space to cover?
- Who is the best person to take up the space left by the thrower?
- What other adjustments are necessary to cover the space?

3. **Allow up to three passes to be made on one side of the court before it must be thrown to the other side**

Focus questions

- When will you throw the ball across the net?
- What adjustments to positions may need to be made if the ball isn't returned immediately to the opposite side?

NAME:

newcombe ball

— recommended to be played after Space ball (net/wall game 5)

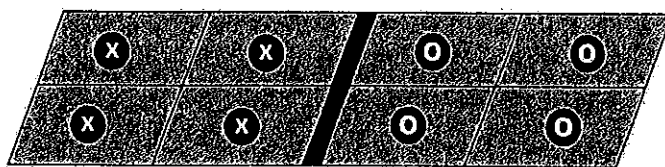
PURPOSE:

To explore how to work as a team to cover court space in defence

To combine as a team to pass and catch a ball in readiness to set up for attacking play

EQUIPMENT:

- Appropriate court area with a net (eg badminton court)
- Each side of the court is divided into four
- One soft volleyball



HOW TO PLAY:

- Two even teams — 4 v 4
- Score to a specified number of points (eg 8) or time limit
- The game starts with one player tossing the ball from the back half of their court across the net for an opponent to catch
- A maximum of three passes can be made between players before the ball is returned across the net
- Each player must stay within their own playing area
- A point is won when the ball bounces onto the opponents' court or lands outside the playing area
- Alternate serves between teams and rotate server each time a point is won

Note: To provide an easier option, allow one bounce before the ball has to be caught, then introduce no bounces when appropriate.

SAFETY:

- Ensure the playing area is safe and clear of obstructions

FOCUS QUESTIONS:

- Where should you stand within your marked area to be ready to catch the ball after it crosses the net?
- What type of pass (speed, direction) across the net is more difficult to catch? How will this affect your attacking play/defending play?
- Can you work as a group to make it difficult for your opponents to know what type of pass you will make?
- Do the players in the back half or front half of the court score more points? Why? How much does this affect how you combine to make three passes?

VARIATIONS:

1. Allow players access to all court space

Focus questions

- How can you back up each other now that you have access to the whole court? Can this cause problems?
- How can these be overcome?
- What different formations can be used to cover the court?
- How can you avoid too many players in one area and not enough in others?

2. Give players a choice of introducing the following skills

- a) catch and throw to a team-mate or over the net
- b) bat the ball to a team-mate or over the net (rather than a catch and throw)
- c) throw or hit the ball to serve
- d) block the ball as it is hit or thrown over the net

Note: Have net at medium height to encourage use of a variety of skills

Focus questions

- When did you decide to use 'a'? 'b'? 'c'? or 'd'?
- Did it work? Is it worth trying again?
- What other tactics could be used?

3. Change skills/equipment, eg paddle bat and sponge ball, softball and glove, racquet and shuttle, etc. Rules and court size may vary slightly according to the equipment and skills chosen.

Focus questions

- How have the new equipment/skills changed the game?
- What is easier?
- Can you change/add rules to make the game better using the new equipment?



(particularly suitable for baseball, softball, cricket, teeball and other sports as identified in each game)

striking/fielding games

The aim of striking/fielding games is to score more points/runs than the opposition after a specified time. The games encourage participation in various positions (strikers, runners, fielders, bowlers) by all players throughout the games. Each of these positions employ specific strategies.

The movement skills involved in these games are complex and varied but may include the following

- gross locomotor skills — running, jumping, changing directions
- hitting a ball
- stopping a ball along the ground or in the air (catching)
- throwing to a target (eg stumps, other players)
- bowling or pitching.

Many of these movement skills are used in combination to result in a specific action, eg a bowler runs with the ball and then releases it, a softball batter hits the ball and then runs to first base.

Modifications that can be made to suit the specific needs of players include

- size of the bats and balls used
- size and dimensions of playing field
- hitting and delivery mechanisms, eg bowler, bounce ball, tee
- number of players on each team
- allow more time to hit and field the ball
- scoring systems (eg bonus points for particular plays).

Striking/fielding games encourage players to participate in a variety of positions that develop skills and techniques in a fun and enjoyable environment.